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A swimming flipper comprising a blade (1) made of relatively rigid material, a shoe (2) made of relatively yielding material and at least a pair of lateral ribs (3)

5 extending along the edges of the blade. On the blade there are provided at least two longitudinal slots (9) arranged symmetrically with respect to the longitudinal axis of the flipper and two openings (11) extending diagonally from the shoe towards the lateral edges of the blade. The slots and the openings are filled with a relatively yielding material in the form of flattened ribs (12, 13).